



Forever Young

Enjoying Active Life Over 55 in Takoma Park

Let's Celebrate 30 years of Parks & Recreation



"This July we're celebrating 30 years of Park and Recreation Month and the enduring importance of parks and recreation for the world. From the start, parks were created to serve the people—to give them a place to appreciate nature, exercise, socialize and have fun. This mission lives on and will continue to intensify into the future. This July, let's celebrate the past, present and future of parks and recreation!" Continued on page 3

~ National Recreation and Park Association ~

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National Park and Recreation's 30 years national celebration theme this July is "The 80's" - remember big hair, neon colors, boom boxes, great music, break dancing and Karaoke! In honor of Park & Recreation Month, the Camp Takoma children will be performing an 80's theme presentation for the seniors. Get ready to party 80's-style!

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Mark your calendars! Registration for Fall recreation classes opens on **Monday, August 17th**. Registration will begin at 8:30 a.m. for walk-ins and on-line. For more information, please contact the Takoma Park Recreation office at 301-891-7290 or contact Paula Lisowski, Seniors Program Manager at 301-891-7280. See page 4 for details.

Coming Soon - 2nd Annual Lifelong Takoma Day Event

Coming Soon! Saturday, October 10, 2015, 1 PM - 5 PM is the 2nd Annual Lifelong Takoma Day Event, 7500 Maple Avenue. Join us at this annual social connection and wellness event! It's intergenerational, so bring your family, invite your neighbors and friends. Free Admission. Enjoy free food, music, health screenings, games, attend demo classes, hear compelling speakers. Interpreters translating for Spanish, Amharic and Mandarin Chinese are available. Personal guides provided for residents who may need assistance. Resource information primarily is geared to residents who are 55+ and others of all ages who may have disabilities. For more information contact lifelong@takomaparkmd.gov or call (301) 891-7232.

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
paulal@takomaparkmd.gov
Phone: (301)891-7280



Mark Your Calendars - Local Community Special Events July & August - All Ages Welcome!



Saturday, July 4th - Independence Day Parade, Concert & Fireworks -
www.takomapark4th.org

Be part of the tradition. Takoma Park has celebrated our national independence for over 120 years. All ages welcome to join in the fun. This annual family fun event is full of Takoma Park spirit!

10:00 a.m. Parade Begins
7:00 p.m. Evening Program
Fireworks follows the program



Tuesday, August 4 - National Night Out - Takoma Park Police - www.takomaparkmd.gov
Join the Takoma Park Police Department, friends and neighbors, for this year's annual National Night Out, 6 - 9 p.m. at 7510 Maple Avenue. Great fun for all ages! Please stop by the Takoma Park Recreation Department booth for games and demos. See you there!

Community Activities - Meet Up with Friends and Neighbors

Seniors Community Forum (55 plus) - Breakfast meeting - Thursday, August 27, 10 a.m. – 12 p.m.

Presented by Lifelong Takoma and Takoma Park Village. Refreshments served.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue.

For more information, contact Wolfgang Mergner, at 301-202-7654 or email:

wolfgang.mergner@gmail.com or contact Karen Maricheau, Lifelong Program Manager at 301-891-7232 or email: kmaricheau@takomaparkmd.gov



Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). For information, contact Joyce Seamens, Director of Pool Operations, **(301) 565-0190**, email: jkkseamens@aol.com

Games Night: Meets every Tuesday from 7 to 9 p.m. at 7051 Carroll Ave. The activity is intergenerational and free. The games include Rummikub, Canasta, Spades, Bridge, and more. Contact John Goon **301-315-8297** - spineyone@yahoo.com or Johnny Browning **301-270-0648** - jspanky1@verizon.net

Special Events Around Town

July 1 - Grand Opening New Exhibit at the Smithsonian American History Museum - 14th Street and Constitution Avenue, NW, Washington, DC 20560 - the museum is currently renewing the west exhibition wing.

The plans will add new galleries, an education center, interior public plazas and performance spaces. The wing's first floor is scheduled to open July 1st and the second and third floors opening in 2016 and 2017. For more information go to www.americanhistory.si.edu

July 2– August 2– Castleton Music Festival - 7 Castleton Meadows Lane, Castleton, VA - The event features classical music, theater and opera in a gorgeous setting in the rolling hills of Rappahannock County, Virginia, approximately 60 miles southwest of Washington DC. For more information, go to www.castletonfestival.org



Inclement Weather Info:
For information, call our weather hotline:
(301) 891-7101 ext. 5605

If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.

Spotlight on Volunteers

Diana Kohn, Takoma Park Historian and Tour Guide



Diana Kohn



Recreation Department sponsored "Takoma Park's 125th Celebration" History Bus Tour



Diana and Marilyn enjoying tea.

Diana Kohn, long-time resident of Takoma Park and current President of Historic Takoma, Inc., imparts her admiration for the City of Takoma Park and its fascinating heritage through educational activities, and the preservation of historic landmarks and artifacts, especially documentary archives. Despite her busy schedule, she still finds time to lead educational tours for Takoma Park's citizens of all ages and she is an enthusiastic supporter of the Takoma Park Recreation Department's Forever Young 55 plus program. Over the past five years, she led several educational day trips throughout the city and to locations outside the city. Recently, Ms. Kohn and Vice President, Lorraine Pearsall, partnered with the Recreation Department to host a "Victorian Tea" for seniors at the Historic Takoma location on Carroll Avenue in honor of the 125th Anniversary of Takoma Park's incorporation in 1890. Look for a review of this popular "Victorian Tea" and photos in the Forever Young September 2015 issue. We appreciate Ms. Kohn for her community service.

...continued from front page **Let's Celebrate 30 years of Parks & Recreation**

So here are the **10 reasons why we are thankful for parks and recreation.**

- Parks and recreation allow us to become **healthy and stay fit** for adults AND our youth making the connection that getting active and eating healthy is fun.
- Parks are places to see wildlife and experience nature, breathe in fresh air and appreciate what is natural and wholesome around us; they pass on the **benefits of conservation** and stewardship and cultivate a new appreciation for nature among the next generation.
- Parks and recreation are great places to **walk, hike and bike**, maybe even pick up a new activity like skateboarding or pickleball.
- Parks are places to enjoy a picnic – who doesn't love to eat al fresco!
- Parks and recreation bring generations together. Not only that they bring all types of people together no matter age, race, income and ability. Community parks and recreation is one of the highest and **best forms of 'public good'**—the right to enjoy your life, your health, and your liberty.
- Parks are places for festivals, concerts, art displays, music, craft fairs and community events. Where else can you find all that?
- Parks and recreation provides places for **sports—teams, individuals, practice and tournaments**. Many elite and even some pro athletes got their start at the local park and recreation department.
- Parks can **revitalize underserved communities** transforming them into vibrant destinations. Parks can even boost local economies – from improving property values to attracting new businesses.
- Parks and recreation provide a **safe place for kids** and are one of the largest providers of care during out-of-school times (after school, before school, weekends, holidays and the summer).
- Parks and recreation offer the opportunity to volunteer and **give back to our communities**, the environment and others. On the flip-side, they are where we can **go if we need help** – many of our local parks provide low- to no-cost meals, enrichment programs, senior care and therapeutic recreation opportunities. ~ **National Recreation & Park Association** ~



- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- **Advance** registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- If a specific class is offered at two different times, you may register for one class only.
- **Registration for TP Recreation Fall classes begins: Monday, August 17/Montgomery College Classes begin: July 22.**
- Transportation is provided for trips and special events. Space is limited. See page 7 for trip registration information.
- For more information please contact the Takoma Park Recreation Department at (301) 891-7290.

Please choose one of the options below to register beginning Monday, August 17 at 8:30 a.m.

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo on the top left corner. An email address and ActiveNet password is needed to login to ActiveNet.
2. In person at either location during specific regular business hours:
Takoma Park Community Center; 7500 Maple Ave. or Takoma Park Recreation Center; 7315 New Hampshire Ave.
3. Mail-in your registration to the Takoma Park Recreation Department; 7500 Maple Avenue, Takoma Park, MD 20912. Incomplete forms cannot be processed. On August 17th, mailed-in forms will be processed after all walk-ins have been accommodated.
4. Fax your registration form to [301-270-4094](tel:301-270-4094). Incomplete forms cannot be processed. On August 17th, faxed-in forms will be processed after all walk-ins have been accommodated.

Fitness Classes at the Community Center, 7500 Maple Avenue

Bone Builders, Mondays/Thursdays, ongoing, 10:00 - 11:00 a.m. class is full, however a wait list is available. (Bone Builders, Tuesdays/Fridays, ongoing, 10:30 - 11:30 a.m. class is full. The wait list is also full and closed until further notice).

Cardio Groove Thursdays, September 10 - October 29, 1:30 - 2:30 p.m. Dance Room

High energy and easy to follow to the music beat designed for Aerobics. Start with a warm-up, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly, then a cool down and stretch. **Registration is required.** Instructor: Nancy Nickell. **Free.** For information, call 301-891-7280.

Gentle Yoga Alternate Fridays, September 11 - December 18, 12:00 - 1:00 p.m.

Carol Mermey, RYT, will introduce you to the ways yoga can help you increase flexibility, strength, and balance, using a series of seated and standing poses. Learn breathing and relaxation techniques. Beginners and experienced students welcome, work at your own level. You must bring a yoga mat to every class. **Free.** **Registration is required.** For information, call (301) 891-7280.

Line Dancing Wednesdays, September 2 - December 16, 10:50 - 11:50 a.m.

Great music! Led by instructor Barbara Brown, this class provides enjoyable physical exercise and requires **no** prior experience. Benefits include strengthening of bones and muscles, weight loss, increased stamina, and stress reduction. **Free. Registration is required.** For more information, please call (301) 891-7280.

Zumba Gold - Tuesdays, September 15 - November 19, 11:45 - 12:30 p.m. -or- Tuesdays, September 15 - November 19, 12:45 - 1:30 p.m -or- Saturdays, September 19 - November 21, 2:00 - 2:45 p.m.

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. You may register for **one** class per week, a Tuesday class or Saturday, but not both days. Choose the class that fits your schedule. **Free. Registration is required.** For more information, please call (301) 891-7280.

Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue



Basketball Skills Clinic - Tuesdays, September 8 - October 27, 12:00 - 1:00 p.m.

You'll have fun in this class learning basketball fundamentals such as ball handling, shooting form and defensive stance. In addition, students will participate in games of 1 on 1, 3 on 3 and 5 on 5 games. Instructor: Rochelle Coleman. **Free. Registration is required.** For more information, call (301) 891-7280.

Full Body Fusion - Tuesdays, September 8 - November 10, 1:00 - 2:00 p.m.

Active adults will enjoy this low-impact full body workout to music. Elements of balance, movement, strengthening, and yoga blend to create a fun, functional and energetic workout. Bring an exercise mat to class. Instructor: Jaylene Sarracino. **Free. Registration is required.** For more information, call (301) 891-7280.

Table Tennis Skills - Thursdays, September 10 - October 22, 12:00 - 1:00 p.m.

Great fun! Led by Coach Donn Olsen, this class provides enjoyable physical exercise and requires **no** prior experience. Students will learn game rules and practice skills. Limit 8 students. Front room. **Free. Registration is required to participate in this class.** For more information, please call (301) 891-7280.

Tennis Fun and Fitness - Thursdays, September 10 - November 19, 12:00 - 1:00 p.m. (No class on 10/1/15)

Rediscover your love of tennis or help find it for the first time by playing this lifelong game. This class blends exercise with learning or reviewing tennis skills. The goal is fun and fitness utilizing special equipment for beginners and indoor play. All equipment provided, but you can bring your own racquet. Instructor Coach SJ. **Free. Registration is required.** For more information, call (301) 891-7280.

Art and Education Classes at the Community Center, 7500 Maple Avenue

Computer Class - Wednesdays, Session 1: September 9 - October 14/Session 2: October 28 - December 9 (No class on 11/25) 10 a.m. - 12:00 noon

Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit six. Instructors: Patti Mallin and Jim Mueller. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park. *Library card fees: Free/Takoma Park residents, \$37/ Montgomery County residents, and \$60 /Non-Mont. Co. residents.



Landscapes and Seascapes - Thursdays, October 8 - November 12, 1:30 - 3:30 p.m.



Learn to paint exquisite landscapes and seascapes interpreting photos to create lively and expressive paintings using watercolor, acrylic or oil. For inspiration, students will analyze the work of French Impressionists and Post Impressionists such as Monet, Seurat, Van Gogh and Cezanne. Students of all levels are welcome. Instructor: Evan Goldman. Art Studio. Course # LL1705. **Lifelong Learning Institute - cost \$88.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$170.00 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-5188.**



Getting Started with Social Media: Facebook and Twitter



Thursdays, October 15 - October 29, 1:30 - 3:30 p.m.

This course is for anyone interested in learning the basics of social media communication and networking by creating, using and maintaining a Facebook page and Twitter account. Students will learn how to post photos and videos, and much more. Instructor: Vicki McGill. Multi-Media Lab. Course #LL1694. **Lifelong Learning Institute - cost \$60.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$129.00 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-5188.**

Continued from previous page... Art & Education Presentations/Workshops at the Community Center, 7500 Maple Avenue

Gold Leaf Through the Ages - Wednesday, October 14 - 12:30 - 2:00 p.m.



For thousands of years gold leaf has been used worldwide to give surfaces beauty, value, honor and longevity because of its unique qualities. In this overview presentation you will learn its many uses, how it is applied, and its many imitators. Presenters: Allen and Ina Marx. Lilac Room. Free. **Registration is required.** For more information, please call (301) 891-7280.

Living Well Workshop - Mondays, September 14 - October 26 (No class 10/12/15)



11:30 a.m. - 2:00 p.m. Living Well: A chronic disease self management workshop presented by Holy Cross Hospital. This is a six-week series for those who want to learn how to better manage and maintain an active and fulfilling life with chronic conditions such as arthritis, asthma, diabetes, heart disease, osteoporosis and high blood pressure. Learn healthy eating, appropriate exercise, communication skills, informed treatment decisions, action planning, problem solving and more. **Bring a lunch. Free. Registration is required with Holy Cross.** For more information, and to register, please call Holy Cross Hospital at 301-754-8800.

Drop-in Activities, Recreation Center, 7315 New Hampshire Avenue

Fitness Room - The Fitness Room is a hidden gem. Stop by the Recreation Center (7315 New Hampshire Avenue) and see for yourself. The Fitness Room features a variety of fitness equipment such as upright bikes, recumbent bikes, treadmills, lat pull-down, chest press, leg extension, leg curl machines and much more.

Tuesdays & Thursdays (55+ only)	Monday - Friday	Saturdays	Sundays
12:00 - 2:30 p.m.	2:30 - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	Closed

The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center. You can register for this free pass at any time during business hours. For more information contact Paula Lisowski at 301-891-7280 or PaulaL@takomaparkmd.gov.

Drop-in Activities, Community Center, 7500 Maple Avenue

Bingo - Thursdays, July 23 & August 27 - 12:00 - 2:00 p.m. Try your luck. Win a prize. Drop-in. Free.

Blood Pressure Screening - Thursdays, July 23 & August 27 - 11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a **free** monthly blood pressure screening. Drop-in. Free.

Needlework Get-together - Mondays, Ongoing* 11:30 a.m. - 1:00 p.m.

Are you bored sitting and knitting alone? Join us for fun, conversation and support with needlework projects. Bring your projects with you. This is not an instructional class. Drop-in. Free.

*The group will not meet during inclement weather.

Table Tennis - Ongoing, Mondays - Saturdays, 10:00 a.m. - 12:00 noon (summer hours)

Come play this fun, energetic game. A great way to improve eye-hand coordination; helps keep the body healthy and the mind sharp. Drop-in. **Free.**

Senior Room

Need a great place with comfortable furnishings and a relaxed atmosphere to socialize or read? Come to the Senior Room, located at the Community Center, 7500 Maple Avenue. Four computers and a printer are available, or bring your laptop. Join in activities such as Bingo, health screenings, workshops and much more.

Monday - Friday	Saturday/Sunday
12:00 - 8:00 p.m.	12:00 - 5:00 p.m.



Active Adventure Trips for adults 55 plus

Please register on-line, in-person or by mail: Takoma Park Recreation Department

7500 Maple Avenue -or- 7315 New Hampshire Avenue, Takoma Park, Maryland 20912

Trips are popular and fill up fast, so register early. We have a fair “first come-first serve” system for all participants during each building’s regular business hours. Mail-in registration is available, and a form can be found on the Takoma Park Recreation Department website. Mail-in forms will be processed on the opening dates for each month, as stated below, after walk-ins are registered. Incomplete forms cannot be processed. Please let staff know if you require any special accommodations to participate. You may also register on-line using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo on the top left corner. An email address and ActiveNet password is needed to login to ActiveNet. If you have questions, please call the Recreation Department at 301-891-7290.

The Active Adventures program is designed for active independent adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. General bus pick up of registered participants at the following locations: Franklin and Maplevue Apartments, Victory Tower (pick up at 9:00 a.m.) and the Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

➔ **July trip registration begins Wednesday, July 1 @ 8:30 a.m. (and not before)**

Friday, July 31 - Tour of Arlington Arts Center, VA—“Art in the Afternoon”



The Arlington Arts Center is a nonprofit contemporary visual arts center dedicated to presenting new work by regional artists in the mid-Atlantic States, and has been housed since 1978 in the historic Maury School, a designated Arlington County Landmark listed in the National Register of Historic Places. The facility includes exhibition galleries, working studios and classrooms. At 17,000 square feet, it is one of the largest non-federal venues for contemporary art in the Washington metropolitan area.

Join us for an overview tour of the Arlington Arts Center with emphasis on a special exhibit “PLAY”, that examines games and play through the lens of contemporary art from a variety of vantage points. Afterwards you are free to explore the building and all current exhibitions. **Rain or Shine!**

Time: 12:45 p.m. - 4:30 p.m.* Free admission. No cost for transportation.

➔ **August registration begins Monday, August 3 @ 8:30 a.m. (and not before)**

Tuesday, August 18 - Montgomery County Fair, Gaithersburg Fairgrounds, MD



Back by popular demand, we will return again this year to enjoy a good old-fashioned county fair with animal and agricultural exhibits, craft shows, commercial vendor booths and festival foods. Bring your lunch, or spending money to purchase lunch, and wear comfortable walking shoes. Some, but not all, of the fairground’s buildings and grounds are accessible by wheelchair. Dress appropriately for comfort.

Rain or Shine!

Lots of walking!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

*Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.

We enjoyed a beautiful day in April at the Leesburg Flower and Garden Festival.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Summer Camps! Monday, June 22- Friday, August 21</p> <p>Summer Game Room Hours Adults 55 plus June 22 - August 21 Monday - Saturday 10:00 a.m. - 12:00 p.m.</p>			<p>1 <u>No Line Dancing</u></p> <p><u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>2 <u>Bone Builders</u> 10—11 a <u>Game Room-Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p>	<p>3 <i>Center Closed</i></p> 	<p>4 <i>July 4th Holiday</i></p>  <i>Center Closed</i>
5	<p>6 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a- 1 p</p>	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> <u>Summer Session Begins</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p>	<p>8 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>9 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p>	<p>10 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> <u>Summer Session Begins</u> 12— 1 p</p>  	<p>11 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> <u>Begins</u> 2—2:45 p</p>
12	<p>13 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a- 1 p</p>	<p>14 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>15 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>16 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p>	<p>17 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>18 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
19	<p>20 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a- 1 p</p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>22 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>23 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p> 	<p>24 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>25 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
26	<p>27 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a- 1 p</p>	<p>28 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room-Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 12:45 p—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>29 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> <u>Summer Session Begins</u> 10 a—12 p</p> 	<p>30 <u>Bone Builders</u> 10—11 a <u>Game Room-Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12— 2 p</p>	<p>31 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Trip to Arlington Arts Center</u> 12:45—4:30 p</p>  	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Summer Camps! Summer Camps Monday, June 22- Friday, August 21</p> <p>Summer Game Room Hours adults 55 plus June 22 - August 21 Monday - Saturday 10:00 a.m. - 12:00 p.m.</p>					<p>1 <u>Game Room Open</u> <u>Table Tennis</u> 10 a— 12 p <u>Zumba Gold</u> 2—2:45 p</p>
2	<p>3 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>4 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room -Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>5 <u>No Line Dancing</u> <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12 p</p>	<p>6 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>8 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
9	<p>10 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>11 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>12 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12 p</p>	<p>13 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>14 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>15 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
16	<p>17 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p> <p>★ <i>Registration Begins for Fall Classes 8:30 a.m.</i></p>	<p>18 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Trip to County Fair</u> 8:45 a—3 p</p> 	<p>19 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open-Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12 p</p>	<p>20 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>22 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
23	<p>24 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>25 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Zumba Gold Last Class</u> <u>Summer Session</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>26 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Last Class</u> 10 a—12 p</p>	<p>27 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p> 	<p>28 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Last class</u> <u>Summer Session</u></p> 	<p>29 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
30	<p>31 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>				